REHABILIATION PROTOCOL: DISTAL RADIUS OPEN REDUCTION INTERNAL FIXATION

[ ]  **Phase 1 (Weeks 0-6)**

* Immobilized in volar splint for 2 weeks, then removable wrist splint for 6 weeks. Can remove for hygiene and exercises.
* Range of motion (ROM): After splint taken down at first postoperative visit can begin active and active assisted ROM of the wrist. Avoid passive ROM.
* Strengthening: Avoid
* Work restrictions:
	+ May type and write
	+ No lifting, pushing, pulling, or driving/operating heavy machinery
	+ No lifting >1/2 pound
	+ Full time splint use in workplace

[ ]  **Phase 2 (Weeks 6-12)**

* ROM: Aggressive active and passive ROM
* Strengthening
	+ Start light grip strengthening at 6 weeks
	+ Start wrist extension, flexion, pronation, supination strengthening at 8 weeks
	+ When strength 80% of contralateral side in grip and lifting from floor, transition to work-specific program

[ ]  **Phase 3 (Weeks >12)**

* ROM: Continue aggressive active and passive ROM
* Strengthening: Continue wrist extension, flexion, pronation, supination strengthening
* Work restrictions:
	+ Heavy laborers should be ready to return to work without restrictions
	+ Unusually high demand activities may need some additional work-specific program